



Church †

Slí na Sláinte



Slí na Sláinte stands for 'path to health'. Developed by the Irish Heart Foundation, it's the new outgoing way to make walking for leisure and good health even more enjoyable.

Already, it's capturing the attention of the young and old, not only in Ireland but in Europe and other parts of the world too!

And no wonder, because it's a fun healthy way for the average adult to accumulate the recommended 30 minutes of physical activity, on most, preferably all days of the week.



Marked by bright colourful signposts which are not numbered and are situated at 1 km intervals, you'll find Slí na Sláinte walk routes all over Ireland.

Simply follow the Km signs, set your pace to suit your enjoyment and you'll quickly feel better and get fitter. You will also experience a great sense of achievement.

Let's Go Walking...



LIFFORD



Greyhound Track



Church †

Donegal County Council

The Diamond

Visitor Centre

MAIN STREET
Loop 1.4km



Lifford Bridge



LIFFORD SLÍ

The Lifford Slí is 3km in length and joins the Highway to Health route in Strabane as the first cross-border Slí na Sláinte route.

The route begins at the church and continues in the direction of Lifford Bridge, by-passing the Town. At this point there is a Loop walk of 1.4km which takes in the Town if you wish.

Crossing Lifford Bridge you will reach the Barnhill Road By-pass joining you to the 4.3km Highway to Health route.

Route can be walked in either direction.

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